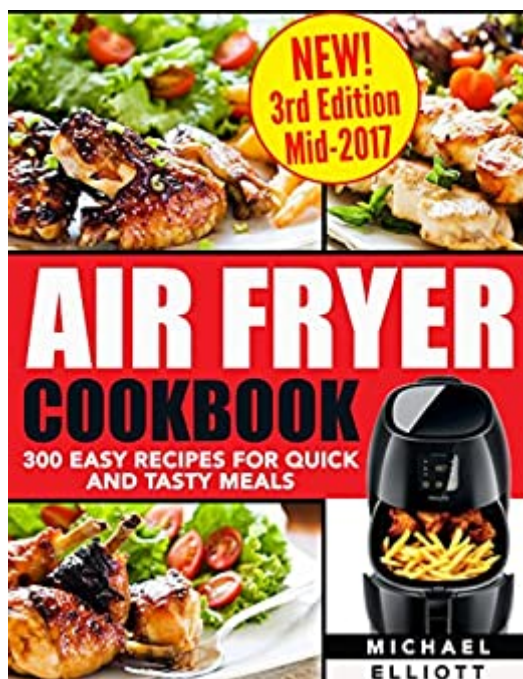


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# Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes For Quick And Tasty Meals



## Synopsis

What you will learn from this book? This book's target is to provide great value for readers as it consists of an extensive set of delicious, healthy and low fat meals which you can cook instantly. American, European and Asian cuisines, including some Gluten-free and Paleo recipes, are well represented through a large range of easy to prepare breakfast, side dishes, mains and dessert recipes. You have no excuse not to cook classic tasty fried foods for the family and friends in a very healthy, easy and simple way! Forget about the deep frying and those bastards - the saturated fats! Just snap your fingers and start cooking using the Air Fryer recipes in this book without giving up on the tasty and crispy texture of the fried food. Enjoy your meal! In this book you will understand the key features and advantages of the Air Fryer. Any kind of food that is easily cooked in convection, a microwave or even a toaster oven may also be cooked in an Air Fryer. Tiny ingredients require a shorter frying time in comparison to larger ingredients. Resorting to shake the small ingredients halfway during the preparation time process optimizes the result and can help prevent overcooking. Snap your fingers and try these new dishes!

## Book Information

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## Customer Reviews

If you are new to air frying, then look elsewhere until you are able to logically interpret recipes. First of all, the recipes appear to be translated from another language and measurements frequently switch between U.S. and metric. Some of the recipes appear to be for an electric pressure cooker, not an air fryer (ex. saute mode). The recipes can be very confusing. For instance, unless you are really familiar with the steps in air frying, the risotto recipes will have you dumping oil and rice into your air fryer on low heat and stirring at a low speed and you'll wonder just how you do that with the pan in the air fryer. The recipes don't explain that you are making the risotto on the stove and maybe one or two ingredients will be pre-roasted in the air fryer ... not all the recipes utilize the air fryer. The recipes are not clear as to the cooking method used: i.e. a pan on the stove or an oven-safe dish/pan that will fit in the air fryer. Some of the recipes have you place the ingredients, such as potatoes, in the air fryer then pour oil and spices over them. The proper way is to place the ingredients in a bowl, drizzle with a little oil, sprinkle with spices, and gently stir with a spoon or toss with your hands until the ingredients are evenly coated --- then put them in the air fryer. I picked four random recipes from the book and found them all on the internet. So if you are new to air frying this is not the book for you. For others, it might offer some ideas that you can tweak to your tastes.

I recently was given an air fryer as a gift but, due to having pretty much never even heard of them before, I really had no idea what to do with it or let alone I could incorporate it into my existing cooking routines. That being said, and having now looked over the book and even tried a few recipes, I can now say that I'm more than glad I came across this book as it has really opened my eyes to the potential that something as simple as an air fryer really offers, even in regard to people who have a more critical/picky kind of diet such as myself. I think the author does an excellent job of expressing the book in a way that now only offers plenty of variety and options to choose from, but is also easy to understand due to the straightforward directions. I've only tried a few recipes so far but each has already proven to be just as good as the last (the garlic tomatoes are especially good as an appetizer), so I look forward to trying out some more in the near future with a few personal twists. Highly recommended!

The recipes you can prepare using this air fryer are easy and saves your time. The recipes are interesting with readily available ingredients. If you fail to recognize some of the ingredients (which is a rare case since you are given a pdf copy with images), you can just check them online. I have other cookbooks from the author and I can ascertain that he never disappoints. Your cooking results

will definitely go up with this air fryer and instant recipes provided. When you have time alone at home, you can give a shot on recipes you have never tried. It is healthy and it accommodate all partisans of including low-fat, bake, Roast, Fry among others. It is worth buying.

This book has obviously been very poorly translated from another language, has so many typos, switches between U.S. measurements and metric, even within the same recipe, leaves out ingredients, gives very confusing instructions...I could go on and on. No photos inside book! Very disappointed!!

Great cookbook! In this book we will get scrumptious, simple to make formulas which can help us with our cooking. This is an excellent cookbook with a lot of tasty recipes. The recipes in this book are simple and easy to follow especially for someone that has never used an air fryer before. If you want to impress your friends and family with outstanding cooking wizardry, buy this book. Very well recommended!

Air Fryer is one of the latest kitchen inventions that allow you to cook without having to use the stove or oven. I love the fact that most of the recipes are what all of us cook on an everyday basis. Very easy and convenient air fryer recipes are included in this book. This guide covers a much broader array of foods than I imagined could be made using the air fryer. The instructions are simple and clear and easy to follow. It has so many good recipes.

Doesn't look like anyone edited this book for content; lots of misspelling and incomplete recipes! Would not recommend this book even though it only cost \$1.99.

This cookbook appears to have been translated from another language, or written by someone with only a passing knowledge of the English language. Numerous steps in the recipes have been left out. Measurements switch back and forth between English and metric. Spelling is that of a third grader. There are a large number of recipes but I don't think I'd trust many of them. Will be sending it back.

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